

AMENDMENTS TO THE SPECIFICATION:

Please replace the paragraph [0049] with the following rewritten version:

[0049] In this case, the trailing cutting edge 7c of the cutting blade 7a applies the stress on one part of peaks 19 (bottom side in FIG. 7), across the peak 19 (vertical direction in FIG. 7) to form a starting point for fracturing the ~~peak 17~~ peak 19. By forming such a starting point for fracturing the ~~peak 17~~ peak 19, the ~~peak 17~~ peak 19 may be easily fractured by cutting with the trailing cutting edge 7c, and the shape of the fracture ~~surface 19~~ surface 21 may be made more uniform and symmetrical. In addition, since the ~~peak 17~~ peak 19 is easily fractured using the trailing cutting edge 7c, the cutting stress applied on the blade 7a is reduced and so may also extend the life of the cutting head 7. Preferably, the entire cross section of each peak in the longitudinal direction is fractured by applying the cutting stress to each peak in a non-axial direction. In some embodiments, the shape of each groove is asymmetrical. In exemplary embodiments, each groove defines a notched v-shape as shown in FIGS. 7-9 and FIG. 11.